



Low FODMAP Diet - Alternative 7-Day Plan

JOE LEECH

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JOE LEECH | DIET VS DISEASE

If you would like to resolve your symptoms and reach your health goals as quickly as possible, I invite you to [watch this free video training!](#)

Hi, it's Joe Leech here, Dietitian, and I hope you enjoy this plan.

This is a 7-day alternative low FODMAP meal plan for you.

Below you will find an overview of the week's meal plan, followed by the nutrition information for each day, the shopping list of all ingredients, and the complete list of recipes.

Note that most recipes are for one serving. So if you are preparing/cooking for two people, you need to double the recipes and the shopping list.

However, the recipes that repeat at least once through the week will have more servings. This is because you will prepare several servings at once, and then refrigerate or freeze the other servings as leftovers later in the week for yourself.

The meals that are leftovers of a previous meal will appear greyed-out in the meal plan overview (which means you have prepared them earlier already).

PLEASE NOTE that portion size is important and influences FODMAP rating. Do not exceed recommended portion sizes.

Tea & Coffee Guidelines Per Serving:

- Coffee: black & espresso (2 shots) or instant coffee (1 tsp)
- Strong tea: green, peppermint & white (not dairy) (1 mug or 250ml)
- Weak tea: black, chai & dandelion on water (1 mug or 250ml)
- Milk guidelines: Lactose free milk, almond or rice milk

MON



BREAKFAST
High Protein Sunbutter Oatmeal with Strawberries (low FODMAP)



SNACK 1
Strawberry Protein Smoothie



LUNCH
Ham Sandwich



SNACK 2
Papaya & Pecans



DINNER
Salmon with Rice & Greens



SNACK 3
Macadamia Nut Clusters

TUE



BREAKFAST
Veggie Scramble with Strawberries, Low FODMAP toast with butter



SNACK 1
Chocolate Strawberry Chia Pudding



LUNCH
Salmon with Rice & Greens



SNACK 2
Turkey & Cabbage Rolls



DINNER
Tofu Vermicelli Bowl



SNACK 3
Raspberry Chia Fresca

WED



BREAKFAST
High Protein Peanut Butter Oatmeal (low FODMAP)



SNACK 1
Blueberry Protein Smoothie



LUNCH
Tofu Vermicelli Bowl



SNACK 2
Papaya & Pecans



DINNER
Slow Cooker Chicken & Wild Rice Soup



SNACK 3
Macadamia Nut Clusters

THU



BREAKFAST
Veggie Scramble with Strawberries, Low FODMAP toast with butter



SNACK 1
Chocolate Strawberry Chia Pudding



LUNCH
Slow Cooker Chicken & Wild Rice Soup



SNACK 2
Turkey & Cabbage Rolls



DINNER
Broccoli Pesto Pasta (low FODMAP)



SNACK 3
Raspberry Chia Fresca

FRI



BREAKFAST
High Protein Sunbutter Oatmeal with Strawberries (low FODMAP)



SNACK 1
Strawberry Protein Smoothie



LUNCH
Broccoli Pesto Pasta (low FODMAP)



SNACK 2
Edamame



DINNER
Classic Tacos (low FODMAP)



SNACK 3
Macadamia Nut Clusters

SAT



BREAKFAST
Turkey Bacon Breakfast Bagel



SNACK 1
Chocolate Strawberry Chia Pudding



LUNCH
Classic Tacos (low FODMAP)



SNACK 2
Turkey & Cabbage Rolls



DINNER
One Pan Lemon Chicken (low FODMAP)



SNACK 3
Raspberry Chia Fresca

SUN



BREAKFAST
High Protein Peanut Butter Oatmeal (low FODMAP)



SNACK 1
Blueberry Protein Smoothie



LUNCH
One Pan Lemon Chicken (low FODMAP)



SNACK 2
Edamame



DINNER
Leftover Chicken Salad, Oven Baked Potato Wedges



SNACK 3
Macadamia Nut Clusters

MON

FAT 42% **CARBS 32%** **PROTEIN 26%**

Calories 1607 **Carbs 133g**
Fat 77g **Fiber 23g**
Saturated 11g **Sugar 36g**
Polyunsaturated 18g **Protein 107g**
Monounsaturated 35g

TUE

FAT 36% **CARBS 42%** **PROTEIN 22%**

Calories 1765 **Carbs 189g**
Fat 72g **Fiber 31g**
Saturated 17g **Sugar 46g**
Polyunsaturated 14g **Protein 99g**
Monounsaturated 19g

WED

FAT 38% **CARBS 40%** **PROTEIN 22%**

Calories 1308 **Carbs 135g**
Fat 58g **Fiber 19g**
Saturated 10g **Sugar 27g**
Polyunsaturated 10g **Protein 73g**
Monounsaturated 27g

THU

FAT 37% **CARBS 45%** **PROTEIN 18%**

Calories 1643 **Carbs 188g**
Fat 70g **Fiber 36g**
Saturated 16g **Sugar 46g**
Polyunsaturated 9g **Protein 75g**
Monounsaturated 22g

FRI

FAT 38% **CARBS 40%** **PROTEIN 22%**

Calories 1637 **Carbs 166g**
Fat 71g **Fiber 30g**
Saturated 13g **Sugar 25g**
Polyunsaturated 11g **Protein 91g**
Monounsaturated 36g

SAT

FAT 35% **CARBS 44%** **PROTEIN 21%**

Calories 1775 **Carbs 196g**
Fat 70g **Fiber 28g**
Saturated 13g **Sugar 48g**
Polyunsaturated 7g **Protein 94g**
Monounsaturated 22g

SUN

FAT 42% **CARBS 30%** **PROTEIN 28%**

Calories 1568 **Carbs 122g**
Fat 75g **Fiber 24g**
Saturated 15g **Sugar 21g**
Polyunsaturated 9g **Protein 112g**
Monounsaturated 42g

FRUITS

- 1 Lemon
- 3 tbsps Lemon Juice
- 1 1/2 tsps Lime Juice
- 2 cups Papaya
- 6 cups Strawberries

BREAKFAST

- 2 tbsps All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1/2 Bay Leaf
- 3/4 cup Chia Seeds
- 1 tsp Cumin
- 1 tbsp Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/3 cup Macadamia Nuts
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1 1/3 ozs Pecans
- 2 1/4 tsps Pine Nuts

FROZEN

- 1/2 cup Frozen Blueberries
- 1 cup Frozen Edamame
- 3/4 cup Frozen Raspberries

VEGETABLES

- 1/4 cup Arugula
- 1/2 cup Basil Leaves
- 5 1/4 ozs Broccoli
- 3 Carrot
- 1/2 cup Cilantro
- 1 1/4 Cucumber
- 5 1/4 ozs Green Beans
- 2 stalks Green Onion
- 1/4 cup Kale Leaves
- 2 cups Mini Potatoes
- 1/4 cup Mint Leaves
- 4 cups Mixed Greens
- 1 1/2 cups Purple Cabbage
- 2 1/2 Red Bell Pepper
- 2 leaves Romaine
- 1 tbsp Rosemary
- 1 Russet Potato
- 4 cups Swiss Chard
- 3 1/2 Tomato

BOXED & CANNED

- 1/2 cup Brown Rice
- 1 1/2 cups Brown Rice Fusilli
- 4 ozs Rice Vermicelli Noodles
- 1 1/3 cup Wild Rice

BAKING

- 2 3/4 ozs Dark Chocolate
- 1 1/2 tsps Monk Fruit Sweetener
- 2 tbsps Nutritional Yeast
- 1 cup Oats

BREAD, FISH, MEAT & CHEESE

- 13 1/3 ozs Chicken Breast
- 4 Corn Tortilla
- 7 1/16 ozs Extra Lean Ground Beef
- 4 ozs Gluten Free Bagel
- 4 slices Gluten Free Bread
- 12 ozs Salmon Fillet
- 3 ozs Sliced Ham
- 6 ozs Sliced Turkey Breast
- 8 1/16 ozs Tofu
- 2 slices Turkey Bacon

CONDIMENTS & OILS

- 1 1/2 tsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 2 1/2 tsps Mayonnaise
- 1 tbsp Pickle
- 3/4 tsp Rice Vinegar
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Tamari
- 1 1/2 tsps Whole Grain Mustard
- 1/2 tsp Yellow Mustard

COLD

- 2 tbsps Butter
- 5 Egg
- 2 cups Egg Whites
- 1 1/2 cups Plain Coconut Milk
- 6 cups Unsweetened Almond Or Rice Milk

OTHER

- 1/3 cup Chocolate Protein Powder
- 4 1/2 cups Coconut Water
- 1/2 cup Vanilla Or Plain Protein Powder
- 1/2 cup Vanilla Protein Powder

High Protein Sunbutter Oatmeal with Strawberries (low FODMAP)

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or rolled)
1/4 cup Water
1/2 cup Egg Whites
1 tbsp Sunflower Seed Butter
1 1/2 tsps Hemp Seeds
1/4 cup Strawberries (stems removed, chopped)

DIRECTIONS

- 01 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 02 Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 278 | Carbs | 22g |
| Fat | 13g | Fiber | 4g |
| Saturated | 1g | Sugar | 5g |
| Polyunsat... | 4g | Protein | 20g |
| Monounsa... | 7g | | |

Veggie Scramble with Strawberries

1 SERVING 15 MINUTES



INGREDIENTS

- 2 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (finely chopped)
- 1 Tomato (medium, diced)
- 1 stalk Green Onion (chopped)
- 1 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 281 | Carbs | 23g |
| Fat | 15g | Fiber | 7g |
| Saturated | 4g | Sugar | 13g |
| Polyunsat... | 3g | Protein | 16g |
| Monounsa... | 7g | | |

DIRECTIONS

- 01 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 02 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 03 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Low FODMAP toast with butter

1 SERVING 5 MINUTES



INGREDIENTS

1 slice Gluten Free Bread (or Spelt or Wheat Sourdough)
1 tbsp Butter (or dairy free spread)

DIRECTIONS

01 Spread butter onto toast and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 179 | Carbs | 12g |
| Fat | 14g | Fiber | 1g |
| Saturated | 7g | Sugar | 2g |
| Polyunsat... | 1g | Protein | 2g |
| Monounsa... | 5g | | |

High Protein Peanut Butter Oatmeal (low FODMAP)

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or rolled)
1/4 cup Water
1/2 cup Egg Whites
1 tbsp All Natural Peanut Butter
1 1/2 tsps Chia Seeds

DIRECTIONS

- 01 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 02 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 266 | Carbs | 21g |
| Fat | 12g | Fiber | 4g |
| Saturated | 2g | Sugar | 3g |
| Polyunsat... | 2g | Protein | 20g |
| Monounsa... | 5g | | |

Turkey Bacon Breakfast Bagel

1 SERVING 15 MINUTES



INGREDIENTS

2 slices Turkey Bacon
1 Egg
1 1/2 tsps Whole Grain Mustard
1 tbsp Pickle (chopped)
1/4 cup Arugula
4 ozs Gluten-Free Bagel (sliced in half, toasted)

DIRECTIONS

- 01 Heat a skillet over medium heat. Cook the turkey bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil.
- 02 In the same pan, crack the egg and cook until the whites are set and the yolk is cooked to your liking.
- 03 Spread mustard on the bottom bagel slice and top with the pickle, arugula, bacon, and egg. Close the bagel and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 468 | Carbs | 68g |
| Fat | 15g | Fiber | 1g |
| Saturated | 3g | Sugar | 14g |
| Polyunsat... | 2g | Protein | 14g |
| Monounsa... | 3g | | |

Strawberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries (10 strawberries, fresh or frozen)
1/4 cup Vanilla Or Plain Protein Powder
1 1/2 cups Unsweetened Almond Or Rice Milk

DIRECTIONS

01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 175 | Carbs | 14g |
| Fat | 5g | Fiber | 5g |
| Saturated | 0g | Sugar | 7g |
| Polyunsat... | 1g | Protein | 21g |
| Monounsa... | 2g | | |

Chocolate Strawberry Chia Pudding

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1/3 cup Chia Seeds
- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/3 cup Chocolate Protein Powder
- 1 1/2 cups Strawberries (halved)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with the strawberries and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 225 | Carbs | 20g |
| Fat | 11g | Fiber | 8g |
| Saturated | 2g | Sugar | 7g |
| Polyunsat... | 0g | Protein | 14g |
| Monounsa... | 0g | | |

Blueberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Frozen Blueberries
1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Almond Or Rice Milk

DIRECTIONS

01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 148 | Carbs | 8g |
| Fat | 4g | Fiber | 3g |
| Saturated | 0g | Sugar | 3g |
| Polyunsat... | 1g | Protein | 21g |
| Monounsa... | 2g | | |

Ham Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

- 1 tsp Mayonnaise
- 1/2 tsp Yellow Mustard
- 2 slices Gluten-Free Bread
- 2 leaves Romaine
- 1/2 Tomato (medium, thinly sliced)
- 3 ozs Sliced Ham

DIRECTIONS

- 01 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 318 | Carbs | 29g |
| Fat | 13g | Fiber | 4g |
| Saturated | 1g | Sugar | 6g |
| Polyunsat... | 4g | Protein | 22g |
| Monounsa... | 4g | | |

Papaya & Pecans

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Papaya (peeled, seeds removed, chopped)

2/3 oz Pecans (10 pecan halves)

DIRECTIONS

01 Serve the papaya with the pecans. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 198 | Carbs | 18g |
| Fat | 15g | Fiber | 4g |
| Saturated | 1g | Sugar | 12g |
| Polyunsat... | 4g | Protein | 2g |
| Monounsa... | 8g | | |

Turkey & Cabbage Rolls

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Purple Cabbage (leaves pulled apart)
6 ozs Sliced Turkey Breast
3/4 Cucumber (medium, sliced)
1 1/2 tsps Mayonnaise

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 101 | Carbs | 7g |
| Fat | 4g | Fiber | 1g |
| Saturated | 1g | Sugar | 3g |
| Polyunsat... | 2g | Protein | 10g |
| Monounsa... | 1g | | |

Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (shelled, thawed)

DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|----|---------|----|
| Calories | 94 | Carbs | 7g |
| Fat | 4g | Fiber | 4g |
| Saturated | 0g | Sugar | 2g |
| Polyunsat... | 2g | Protein | 9g |
| Monounsa... | 1g | | |

Salmon with Rice & Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice (uncooked)
- 1 tsp Paprika
- 3/4 tsp Cumin
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 12 ozs Salmon Fillet
- 2 tbsps Water
- 4 cups Swiss Chard (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 432 | Carbs | 39g |
| Fat | 13g | Fiber | 3g |
| Saturated | 2g | Sugar | 1g |
| Polyunsat... | 5g | Protein | 39g |
| Monounsa... | 4g | | |

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 04 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 05 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Tofu Vermicelli Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Water (hot)
1 1/2 tsps Lime Juice
1 tbsp Tamari
3/4 tsp Rice Vinegar
1 1/2 tsps Monk Fruit Sweetener
8 1/16 ozs Tofu (extra firm, patted dry, cubed)
4 ozs Rice Vermicelli Noodles
1/2 Carrot (shredded)
1/2 Cucumber (thinly sliced)
1/2 cup Cilantro
1/4 cup Mint Leaves (stems removed)

DIRECTIONS

- 01 In a large bowl, whisk together the water, lime juice, tamari, rice vinegar, and monk fruit sweetener until dissolved. Adjust as needed. Add the tofu and toss until well coated. Let it marinate in the fridge.
- 02 Meanwhile, cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 03 Divide the vermicelli, carrot, cucumber, cilantro, mint, and marinated tofu into bowls. Drizzle your desired amount of leftover marinade over top and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 338 | Carbs | 57g |
| Fat | 7g | Fiber | 3g |
| Saturated | 1g | Sugar | 3g |
| Polyunsat... | 3g | Protein | 13g |
| Monounsa... | 2g | | |

Slow Cooker Chicken & Wild Rice Soup

2 SERVINGS 4 HOURS



INGREDIENTS

3 1/4 ozs Chicken Breast
2 1/2 cups Water
1/2 Carrot (medium, chopped)
1/3 cup Wild Rice (rinsed)
1/4 tsp Sea Salt
1/2 Bay Leaf (optional)
1/4 cup Kale Leaves (stems removed, chopped)

DIRECTIONS

- 01 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 02 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 152 | Carbs | 20g |
| Fat | 2g | Fiber | 2g |
| Saturated | 0g | Sugar | 1g |
| Polyunsat... | 0g | Protein | 14g |
| Monounsa... | 0g | | |

Broccoli Pesto Pasta (low FODMAP)

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Brown Rice Fusilli (uncooked)
1/2 cup Basil Leaves
2 1/4 tsps Pine Nuts
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (divided, to taste)
2 tbsps Nutritional Yeast (plus more for garnish)
1 tbsp Water
5 1/4 ozs Broccoli (chopped into florets)
1/2 Red Bell Pepper (medium, sliced)

DIRECTIONS

- 01 Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
- 03 In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
- 04 Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 496 | Carbs | 75g |
| Fat | 16g | Fiber | 9g |
| Saturated | 2g | Sugar | 3g |
| Polyunsat... | 3g | Protein | 14g |
| Monounsa... | 9g | | |

Classic Tacos (low FODMAP)

2 SERVINGS 25 MINUTES



INGREDIENTS

- 4 Corn Tortilla
- 1 1/2 tps Avocado Oil
- 7 1/16 ozs Extra Lean Ground Beef
- 1/4 tsp Sea Salt
- 1/4 tsp Cumin
- 2 cups Mixed Greens
- 2 Carrot (grated)
- 1 Tomato (medium, diced)

DIRECTIONS

- 01 Prepare tortillas according to instructions on the package.
- 02 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 03 Add the ground beef, greens and tomato to the center of each tortilla. Fold in half and enjoy immediately.

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 388 | Carbs | 37g |
| Fat | 15g | Fiber | 5g |
| Saturated | 4g | Sugar | 3g |
| Polyunsat... | 1g | Protein | 24g |
| Monounsa... | 7g | | |

One Pan Lemon Chicken (low FODMAP)

2 SERVINGS 35 MINUTES



INGREDIENTS

7 1/16 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
5 1/4 ozs Green Beans (washed and trimmed)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and green beans on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and beans.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 384 | Carbs | 33g |
| Fat | 17g | Fiber | 5g |
| Saturated | 3g | Sugar | 4g |
| Polyunsat... | 2g | Protein | 27g |
| Monounsa... | 11g | | |

Leftover Chicken Salad

1 SERVING 30 MINUTES



INGREDIENTS

3 ozs Chicken Breast
2 cups Mixed Greens (or 2 cups of arugula)
1 tbsp Balsamic Vinegar
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 If you don't have a leftover chicken breast from yesterday, cook one in the oven or in a pan.
- 02 Shred or slice you chicken breast and place in bowl. Then add mixed greens.
- 03 In a separate small bowl, combine vinegar and olive oil. Stir well.
- 04 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 275 | Carbs | 5g |
| Fat | 16g | Fiber | 1g |
| Saturated | 3g | Sugar | 2g |
| Polyunsat... | 2g | Protein | 27g |
| Monounsa... | 11g | | |

Oven Baked Potato Wedges

1 SERVING 40 MINUTES



INGREDIENTS

1 Russet Potato (medium, cut into wedges)

3/4 tsp Extra Virgin Olive Oil

1/4 tsp Italian Seasoning

1/16 tsp Sea Salt

1/16 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 195 | Carbs | 37g |
| Fat | 4g | Fiber | 4g |
| Saturated | 1g | Sugar | 2g |
| Polyunsat... | 0g | Protein | 5g |
| Monounsa... | 2g | | |

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 02 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 03 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 04 Serve immediately and enjoy!

Macadamia Nut Clusters

4 SERVINGS 30 MINUTES



INGREDIENTS

2 3/4 ozs Dark Chocolate (chopped)
1/3 cup Macadamia Nuts
1/8 tsp Sea Salt (coarse)

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 206 | Carbs | 11g |
| Fat | 18g | Fiber | 3g |
| Saturated | 6g | Sugar | 5g |
| Polyunsat... | 0g | Protein | 3g |
| Monounsa... | 10g | | |

DIRECTIONS

- 01 Place the dark chocolate in a microwave-safe bowl. Microwave for one minute, then stir. Return to the microwave for 30 seconds at a time, stirring each time, until all the chocolate has melted.
- 02 Line a baking sheet with parchment paper. Arrange the macadamia nuts into groups of five or six nuts. Scoop the melted chocolate over top until each macadamia cluster is covered. Sprinkle with salt.
- 03 Refrigerate for at least 20 minutes or until the chocolate has hardened. Enjoy!

Raspberry Chia Fresca

1 SERVING 15 MINUTES



INGREDIENTS

- 1/2 cup Water
- 2 tbsps Chia Seeds
- 1 1/2 cups Coconut Water
- 1/4 cup Frozen Raspberries
- 1 tbsp Lemon Juice (optional)

DIRECTIONS

- 01 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 02 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|--------------|-----|---------|-----|
| Calories | 209 | Carbs | 31g |
| Fat | 8g | Fiber | 8g |
| Saturated | 0g | Sugar | 17g |
| Polyunsat... | 0g | Protein | 5g |
| Monounsa... | 0g | | |